ALL THE RIGHT MOVES FOR YOUR MOVING DAY

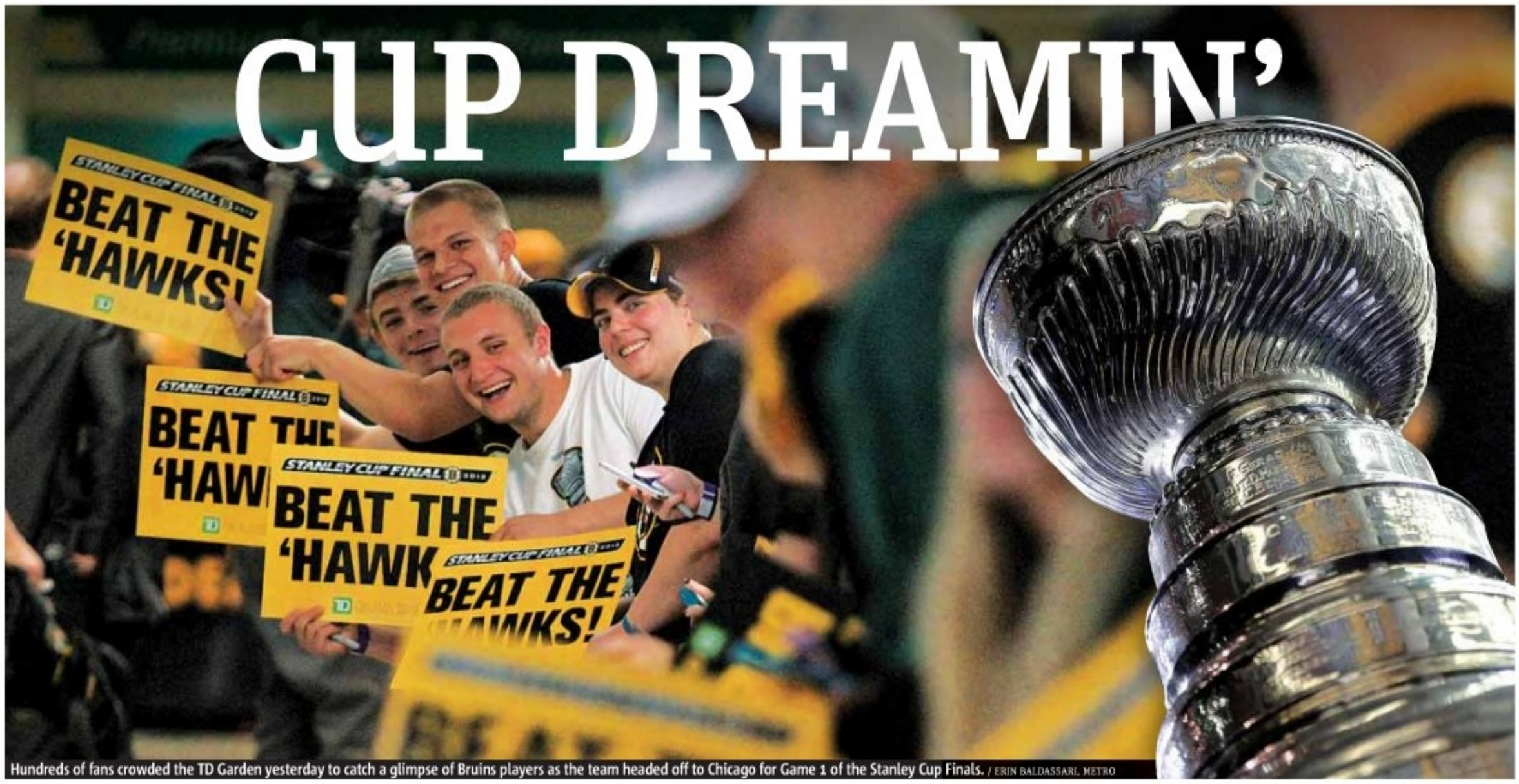
WE HAVE EXPERT TIPS TO MAKE PACKING UP PAIN-FREE. PAGE 13

metro®

BOSTON Wednesday, June 12, 2013 www.metro.us | t: MetroBOS | f: MetroBoston

Stanley Cup Finals. The Bruins are seeking their second Stanley Cup in three seasons. **Blackhawks.** Chicago is expected to put up a much better fight than the Penguins did in the conference finals. **Game 1.** The B's and 'Hawks kick things off tonight at 8 in Chicago. PAGE 17

CUP DREAMIN'



Hundreds of fans crowded the TD Garden yesterday to catch a glimpse of Bruins players as the team headed off to Chicago for Game 1 of the Stanley Cup Finals. / ERIN BALDASSARI, METRO

Court. Jury set for Whitey Bulger trial to begin

PAGE 04

Bikini buzzkill. We weigh in on diet fads

PAGE 14

The Word. Kanye West: Not pleased to meet you

PAGE 08

1 NEWS

Top 3

What's trending online at Metro.us

1 Live blog: Updates from the Whitey Bulger trial

2 Playing the Field: The significance of Tim Tebow choosing No. 5

3 Video: Passengers stuck on plane sing 'I Believe I Can Fly'

Today's tweet

"I get much fulfillment out of cheering people on who are running towards a MBTA bus or train while I am stopped at a stop light. #youcandoit"

@jdcrash on motorists' MBTA motivation

Pedal pushers

It's a party!
NICOLAUS CZARNECKI, METRO

Second Boston Bike Party held

Cycling enthusiasts planned to hold the city's second "Boston Bike Party" last night, just two weeks after the first event drew 400 people out for a mobile shindig.

Organizers promised "new tunes" and safe cruising at the group ride, which is expected to happen every month.
The event's website reminded partygoers to be courteous while riding: "We'd like to promote biking in Boston, not make everybody hate cyclists." METRO

MBTA safety

T to open new training tunnel

Transportation officials today are expected to open the MBTA's new Emergency Training Center on Foundry Street in South Boston.
The new facility is meant to give workers the chance to prepare for emergencies in a realistic tunnel environment. Its construction was fully funded by a grant from the Department of Homeland Security. METRO

Mattei was among 49 people injured when two Green Line trains collided in 2009. / NTSB

Green Line collision victim gets $462K

MBTA lawsuit. A father speaks out about his daughter's health problems following a 2009 trolley collision.

A Salem woman has been awarded nearly $500,000 for injuries she sustained in a 2009 Green Line crash, but according to her family, the money is not nearly what they are owed.

Samantha Mattei, 23, allegedly suffered a traumatic brain injury in the May 8, 2009, crash, which was caused by a distracted MBTA driver. Aiden Quinn confessed to police from his hospital bed that he was texting his girlfriend while operating the trolley.

On Monday, a Lawrence Superior Court jury awarded Mattei $461,902, just a sliver of the $8.6 million requested. Her father, Fred Mattei, said his family is "shocked" by the ruling.

"We can't understand where they came up with the figure. Our attorneys presented a good case outlining what she needs for help. She's been under care since 2009," Mattei said.

"She's kind of upset, but we don't know where to go from here. We're going to be losing support. We have people that come help her get to appointments. She's been suffering seizures. She can't really be left alone."

When asked for comment, T spokesman Joe Pesaturo said in an email, "We thank the jury for its careful consideration of all the evidence and testimony in this case. We believe the jurors' decision was a fair and just one."

Still, Mattei insists that the ruling was anything but fair.

"It was a shock. I think everybody, including [the MBTA] was taken aback," he said.

Looking back

Trolley driver Aiden Quinn, 24 at the time, admitted to text messaging his girlfriend when he ran a red light and collided with another trolley between Park Street and Government Center, injuring 49 people.

- The accident was estimated to have cost the T $9.6 million.
- Quinn was fired and pleaded guilty to negligence. He was sentenced to two years of probation and 100 hours of community service.

MORGAN ROUSSEAU
morgan.rousseau@metro.us

Rights. Police have new LGBT contact guidelines

The Boston Police Department announced yesterday new guidelines for officer contact with transgender individuals.

The guidelines include using the pronoun preferred by the individual and giving preference to the individual to chose whether a male or female officer conducts a pat frisk or search. The transgender person must now complete a "statement of search preference form."

The policy was updated with the assistance of the Massachusetts Transgender Political Coalition and the department's LGBT liaison. METRO

Cellucci service

Memorial plans for late governor

A State House viewing and memorial are planned for former Gov. Paul Cellucci, who died Saturday after a battle with ALS.

Cellucci will lie in repose in the Hall of Flags for a public viewing from 2:30 p.m. until 7 p.m. tomorrow. SHNS

Stanley Cup. Gov. Patrick makes 'friendly' wager

Gov. Deval Patrick and Illinois Gov. Pat Quinn yesterday announced a friendly wager in advance of this week's Stanley Cup final opener between the Boston Bruins and the Chicago Blackhawks.

Under the terms of the bet, the losing governor will volunteer at the food bank of the winning governor's choice. If the Bruins win, Quinn will volunteer at the Greater Boston Food Bank. If the Blackhawks win, Patrick will volunteer at the Greater Chicago Food Depository. "I look forward to seeing the Bruins circle the ice with the Stanley Cup above their heads," Patrick said. METRO

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Whitey trial. Bulger jury set, opening statements set to be delivered today

Eighteen people have been sworn in as jurors to decide the fate of alleged mob boss James "Whitey" Bulger.

The Bulger jury was finalized yesterday during a hearing in federal court in South Boston. Bulger, 83, was present for the hearing again wearing a long-sleeve shirt and jeans.

The 18-member panel is made up of 11 men and seven women. Eight men and four women make up the primary jurors. The remaining six jurors are alternates.

People in the jury include a stay-at-home dad from the South Shore and a man who told the judge during questioning that he read about a half dozen books on Bulger over the years.

Finalizing the jury came one week after a pool of hundreds of people were screened to determine their eligibility to serve. The jury pool filled out a questionnaire that was reviewed by both sides.

Openings set

Judge Denise Casper denied a motion yesterday by Bulger's attorney that sought to push back today's trial start.

- The defense wanted more time to investigate claims by a state trooper that a government witness and former Bulger associate John Martorano has been shielded from investigations since his prison release.

Prosecutors and Bulger's lawyer exercised a limited number of pre-emptory challenges yesterday to dismiss jurors without having to give a reason.

Jury selection was scheduled to take place over four days last week, but it took longer, pushing opening statements to this week.

MICHAEL NAUGHTON

Advocates push for minimum wage hike

Union activists, business owners and minimum wage employees testified yesterday at the State House to advocate for the first increase in the minimum wage in five years. The current state minimum wage is $8 per hour. Bills have been filed to push it to $11 and $12 per hour. While supporters suggest higher wages will help businesses by increasing consumer spending, critics warn that increasing wages now will stifle growth, slow hiring and make Massachusetts less competitive with neighbors like New Hampshire. / ERIN BALDASSARI, METRO

End of duty

Boston FBI head to retire

Richard DesLauriers, the special agent in charge of the FBI in Boston, announced his retirement yesterday, effective July 13.

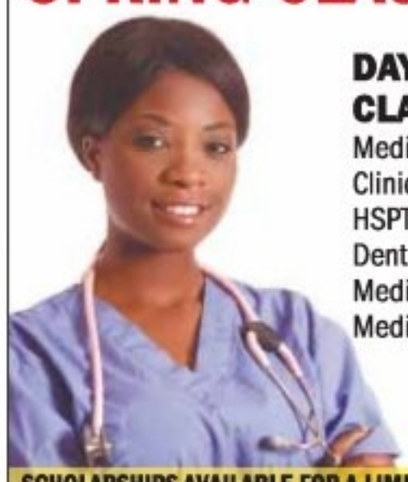
The Longmeadow native has accepted a position as vice president of corporate security with the Penske Corporation in Michigan. He's been head of the Boston Division of the FBI for three years. METRO

Tech funding

Patrick seeks money for technology

A top Patrick administration official urged lawmakers yesterday to approve more than $1.2 billion in new capital spending, saying technology upgrades will help the state better manage government services. SHNS

SPRING CLASSES ARE STARTING NOW



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No glove love

Restaurant latex ban proposed

With the cost of non-latex gloves now only slightly more expensive than latex, the state should ban latex from restaurants and food facilities, Rep. John Scibak, a Democrat from South Hadley, told the Joint Committee on Public Health yesterday.

Scibak said non-latex gloves used to be significantly more expensive than latex versions, but the cost difference has diminished.

Uncertainty around what types of gloves are used presents a hazard to people allergic to latex, Scibak said, adding that McDonald's, Burger King, Panera and Wendy's already ban latex gloves.

SHNS

Judgment denied. State high court overturns $81M for dead smoker

The $81 million ordered to be paid by a tobacco company after the death of a Boston woman who started smoking when she was 9 years old was snuffed out by the state's highest court.

In a ruling released yesterday, the Supreme Judicial Court partially struck down a decision stemming from a 2004 lawsuit by the son of Marie Evans, who died in 2002 of small cell lung cancer. The suit was against the Lorillard Tobacco Co., the maker of Newport brand cigarettes.

The court affirmed the award of $10 million to Evans' son and of $25 million to her estate.

However, it rejected the $81 million in punitive damages because it concluded that "the jury was not adequately instructed regarding the claim of wrongful death based on the theories of negligent design and marketing."

"We vacate the award of punitive damages because it may have been tainted by the errors regarding the theories of negligent design and marketing and the breach of a voluntarily undertaken duty," the decision stated.

MICHAEL NAUGHTON

New trial coming

The court ordered that a new trial be held on the issue of the punitive damages.

Group to revive T alert Twitter page

Social media. The demise of @mbta_ alerts is no more, thanks to Code for Boston organization

Haverhill resident Ashley Lehane uses her smartphone while waiting for an Orange Line train this week. / ERIN BALDASSARI, METRO

T customers who depended on the unofficial MBTA Alerts Twitter account before it shut down can rejoice now that a group of technology activists is stepping up to revive it.

Fred LeBlanc, a former self-professed "angry commuter," started @mbta_alerts in 2009 to keep T riders informed about delays. But he announced last week, to the dismay of many, that he was shutting it down.

Matt Cloyd of the group Code for Boston said it seemed unfortunate to leave thousands of followers stranded, so he decided to pick up the tweets.

"I know how valuable it is to be aware of how the T is running," Cloyd said. "When I told my friends the (MBTA Alerts) account was shutting down, they were really upset. They depended on the account all the time."

LeBlanc decided to phase out the account due to the MBTA's new T Alerts system, which made it impossible to auto-tweet service updates because they were too long. Cloyd's system fixes that bug.

The alerts should start rolling in by the end of the month.

MORGAN ROUSSEAU
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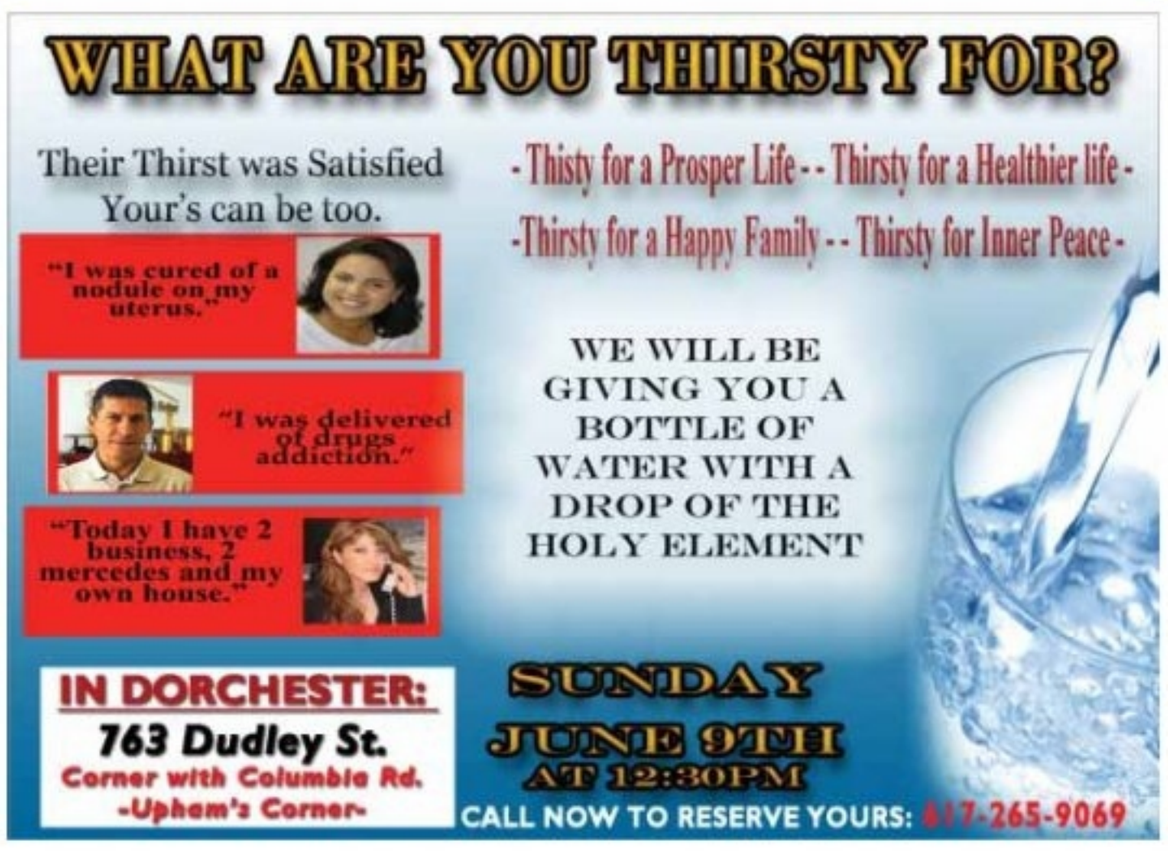
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Safe haven?

Russia would consider asylum for U.S. cyber-leaker

Russia would consider granting asylum to the American who has exposed top-secret U.S. surveillance programs, if he were to ask for it, President Vladimir Putin's spokesman said yesterday.

Spokesman Dmitry Peskov stopped short of saying Moscow would accept Edward Snowden, but pro-Kremlin lawmakers spoke out in favor of the idea, tapping into a lingering Cold War rivalry with the United States and a vein of anti-American sentiment Putin has often encouraged.

"Promising Snowden asylum, Moscow takes upon itself the defense of people persecuted for political reasons," Alexei Pushkov, chairman of the Russian parliament's Foreign Affairs Committee, said on Twitter. REUTERS

Turkish police clash with protesters in Istanbul

Riots. Western allies expressed concern about the troubles in an important NATO ally bordering Syria, Iraq and Iran.

Protesters clash with Turkish riot police on Taksim Square yesterday. Riot police fired tear gas and rubber bullets to clear protesters. / GETTY IMAGES

Turkish riot police using tear gas and water cannons battled protesters for control of Istanbul's Taksim Square last night, hours after Prime Minister Recep Tayyip Erdogan demanded an immediate end to 10 days of demonstrations.

The governor of Istanbul went on television to declare that police operations would continue day and night until the square, the focus of demonstrations against Erdogan, was cleared.

Police fired volleys of tear gas canisters into a crowd of thousands — people in office clothes as well as youths in masks who had fought skirmishes throughout the day — scattering them into side streets and nearby hotels. Water cannons swept across the square, targeting stone-throwers in masks.

The protesters, who accuse Erdogan of overreaching his authority after 10 years in power and three election victories, thronged the steep narrow lanes that led down to the Bosphorus waterway. Gradually, many began drifting back into the square as police withdrew and gathered around a bonfire of trash.

Erdogan had called on protesters to stay out of Taksim, the center of demonstrations triggered by heavy-handed police crackdown on a rally against development of Gezi Park, abutting the square. REUTERS

Privacy. Making your calls government-proof

Voice communications are most vulnerable as they are the easiest to monitor, but there are emerging applications that offer solutions. Silent Circle, developed by cryptographers and counterterrorism specialists, uses "ephemeral keys" to encrypt calls, and allows you to burn messages after sending.

"There's no record of the call, no logging. You could have the conversation in the NSA cupboard, and they wouldn't read it," Silent Circle CEO and former Navy SEAL Mike Janke said. "For the same reason we couldn't give your data to the government — we don't have it."

Silent Circle supplies to 117 countries and Fortune 500 companies, and there is further evidence that secure calling is taking off.

The NSA leak also revealed collusion with tech giants like Facebook. Privacy advocacy group My Shadow warns against social media use. "Free information exchange is dominated by these attractive networks that live from selling your data," said My Shadow's Marek Tuszynski, suggesting they are incompatible with privacy.

KIERON MONKS, MWN

The NSA is building a data center in Bluffdale, Utah. / GETTY IMAGES

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Type 1 Diabetes?

Up to **70%** of people with diabetes develop **nerve damage.**

Diabetes nerve damage can affect the legs, feet, or hands, causing numbness or loss of sensation. But since this nerve damage comes on gradually, many do not even realize they have a problem - until it leads to more serious complications.

Doctors at the Translational Pain Research Group at Brigham and Women's Hospital are conducting a research study of an investigational medication that may help reduce nerve damage for people with type 1 diabetes. If you choose to participate, you will receive a no cost, non-invasive test to help determine if you have early signs of diabetes nerve damage. You will also be compensated for time and travel.

Take *the* Next Step
To learn more, and to see if you might qualify, please call **1-888-578-8390** or visit **www.DiabetesNerveStudy.com**

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, you wouldn't like Chris Brown when he's angry, B.J. Novak isn't into Apple's new design, Michael Ian Black kind of relates to Edward Snowden and Ricky Gervais gets all existential.

@ChrisBrown: Sometimes...u just gotta Hulk it out

@bjnovak: Apple please tell me that is not really your new font

@michaelianblack: My wife is a lot more understanding about this guy Snowden's motives than she was about mine when I read her diary.

@rickygervais: You did not exist for about 14 billion years. You exist now & when you die you will not exist again. Forever. Enjoy your existing years :)

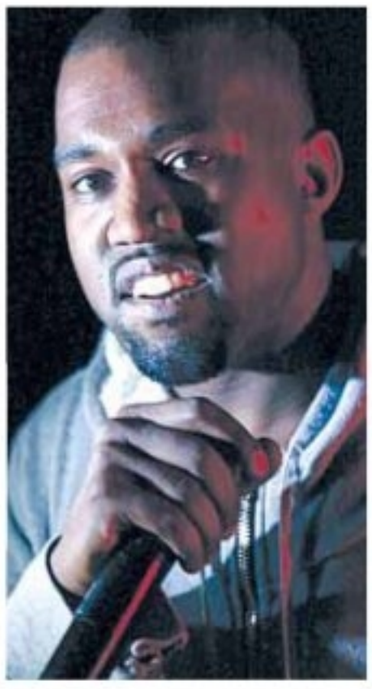
Tweets From Hillary, f'real!

In the tweet heard 'round the Internet on Monday, Hillary Rodham Clinton announced her official entry into the Twittersphere. "Thanks for the inspiration @ASmith83 & @Sllambe - I'll take it from here... #tweetsfromhillary," the senator tweeted, shouting out the creators of the viral (and now defunct) Tumblr Texts From Hillary — the only "Texts From" Tumblr to provide us more LOLs than Texts From Bennett. Hill's Twitter bio identifies Clinton as, among other things, a "pant-suit aficionado, a hair icon and a glass ceiling cracker." Because, you know, the lady is a class act, and she has a sense of humor — a really good one. And her profile picture is the same photo used in Texts From Hillary. See: sense of humor. So, we're declaring it: Hillary is officially our hero. When this went to print, she already had 380,450 followers and was following a mere five people (including Bill and Chelsea). But you'd better believe that "Get followed by Hillary" just shot straight to the top of our interweb bucket list — just above "Meet Grumpy Cat."

5 Biebs is all growed up, or hadn't you heard?

One top way to show the world how grown-up and manly you are? Posting photos of lady underwear (tee hee!) on the Internet. Justin Bieber — who, if you haven't heard, is most definitely not a kid anymore and is, in fact, a very adult man — posted a picture of a bra to his Instagram, along with the caption, "I guess everyone grows up." We're not sure if this means that he's grown up because some girl sent him said bra or because his mom just took him shopping for his first Maidenform, but there's no disputing the fact that Justin Bieber is an adult, OK, world?

Kanye West does not want to hear the sound of your dumb voice



If you spotted Jesus Effing Christ strolling down Madison Avenue in a hoodie, just minding his own business, rolling with his boys the Apostles, would you try to talk to him? Yeah, didn't think so. Which is why we cannot believe the audacity of this cameraman who dared try to say what's up to Kanye 'Yeezus' West when he spotted the god among rappers on the street in New York. Yeezy, rolling incognito in a hoodie, shouted, "Shut up! Don't ever talk!" when the pap tried to wish the totally big-deal rapper a happy belated birthday. The man may never speak again. So sayeth Yeezus: "And on the seventh day, let there be silence. And also, buy my new album. "

THE WORD

Alexandra Cavallo's take on the world of gossip.

ALEXANDRA CAVALLO
@AlexCavallo
alexandra.cavallo@metro.us

— Dorothy Robinson will return Tuesday, June 18.

Star magazine issuing celeb mom report cards is weird, sort of gross

OK, so Star magazine isn't exactly the arbiter of all that is thoughtful, well-researched journalism, but this seems low even for a tabloid like them. Giving celebrity mothers letter grades for how well they care for their children and declaring the "best and worst" among them based upon other trashy magazines' gossip items is lower than rating celebrity "beach bodies" based upon other trashy magazine's unflattering photos. Not for nothing, but is there nothing sacred that cannot be paraded out in the name of the almighty Internet clicks? Oh, there's definitely not? Carry on.

3

Octomom caught, red-tentacled, stealing government funds

If, on the other hand, we were in the business of grading women we've never met on their parenting skills, we'd probably stamp the report card of Nadya Suleman, aka Octomom, with a big red F for "oh, for f—'s sake." A long-time top contender for the award for "Sleaziest Way to Get Famous," Octomom is making headlines again, this time around for committing welfare fraud. According to a report from TMZ, the mother of (now) 14 has been raking in thousands of subsidized dollars from the government — despite the fact that she earns upward of 200 grand all on her own merit. "Merit" here is a euphemism for making sex tapes, stripping and other self-exploitative ventures, by the way. File this one under just another sign of what is very, very wrong with our country.

4

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AFTER EARTH (PG-13) 10:15, 10:40, 12:45, 1:15, 3:30, 3:55, 7:15, 10:40, 10:50. CC/DVS-Closed Captions & Descriptive Video Service
EPIC (PG) 3:35, 10:30. CC/DVS-Closed Captions & Descriptive Video Service
EPIC IN 3D (PG) 10:25, 12:55, 6:45. CC/DVS-Closed Captions & Descriptive Vid;Real D 3D
FAST & FURIOUS 6 (PG-13) 12:25, 3:45, 7:25, 10:30. CC/DVS-Closed Captions & Descriptive Video Service
THE GREAT GATSBY (PG-13) 12:20, 3:40, 7:05, 9:45. CC/DVS-Closed Captions & Descriptive Video Service
THE HANGOVER PART III (R) 10:10, 12:40, 3:40, 6:50, 10:45. CC/DVS-Closed Captions & Descriptive Video Service
THE INTERNSHIP (PG-13) 10:00, 10:30, 12:50, 1:20, 3:50, 4:20, 7:10, 7:40, 10:15, 10:35. CC/DVS-Closed Captions & Descriptive Video Service
IRON MAN 3 (PG-13) 3:25, 9:55. CC/DVS-Closed Captions & Descriptive Video Service
IRON MAN 3 3D (PG-13) 12:10, 6:55. CC/DVS-Closed Captions & Descriptive Vide;RealD 3D
NOW YOU SEE ME (PG-13) 10:20, 1:05, 3:45, 7:20, 10:40. CC/DVS-Closed Captions & Descriptive Video Service
THE PURGE (R) 11:00, 1:30, 4:00, 7:00, 9:40. CC/DVS-Closed Captions & Descriptive Video Ser;RPX
SPIRIT OF THE MARATHON II (NR) 7:00
STAR TREK INTO DARKNESS (PG-13) 4:15, 7:35, 10:00. CC/DVS-Closed Captions & Descriptive Video Service
STAR TREK INTO DARKNESS 3D (PG-13) 10:05, 1:05. RealD 3D
THIS IS THE END (R) 10:00, 12:40, 3:30, 7:00, 10:00. CC/DVS-Closed Captions & Descriptive Video Service

the COOLIDGE CORNER THEATRE

Coolidge Corner Theatre
617-734-2500
290 Harvard St., Brookline
BEFORE MIDNIGHT (R) 11:45, 2:20, 4:45, 7:20, 9:45
FRANCES HA (R) 12:00, 1:50, 3:50, 7:45, 10:00
MUD (PG-13) 12:30, 3:30, 6:45, 9:30
STORIES WE TELL (PG-13) 12:45, 2:00, 4:20, 7:00, 9:40

amc ENTERTAINMENT

Braintree 10
888-AMC-4FUN
Route 93 off of Exit 6
AFTER EARTH (PG-13) 11:15, 2:15, 5:15, 8:15, 10:45. Digital Presentation;Reserved Seating
EPIC (PG) 11:00, 4:25, 9:40. Digital Presentation;Reserved Seating
EPIC IN 3D (PG) 1:45, 7:10. RealD 3D;Reserved Seating
FAST & FURIOUS 6 (PG-13) 10:35, 1:35, 4:35, 7:35, 10:30. Digital Presentation;Reserved Seating
THE HANGOVER PART III (R) 10:30, 1:00, 3:30, 6:00, 8:30, 11:00. Digital Presentation;Reserved Seating
THE INTERNSHIP (PG-13) 10:30, 1:30, 4:30, 7:30, 10:30. Digital Presentation;Reserved Seating
IRON MAN 3 (PG-13) 3:15, 9:15. Digital Presentation;Reserved Seating
IRON MAN 3 3D (PG-13) 12:15, 6:15. RealD 3D;Reserved Seating
NOW YOU SEE ME (PG-13) 10:50, 1:50, 4:50, 7:50, 10:40. Digital Presentation;Reserved Seating
THE PURGE (R) 11:30, 2:00, 4:15, 7:45, 10:00. Digital Presentation;Reserved Seating
STAR TREK INTO DARKNESS (PG-13) 3:10, 9:10. Digital Presentation;Reserved Seating
STAR TREK INTO DARKNESS 3D (PG-13) 12:10, 6:10. RealD 3D;Reserved Seating
THIS IS THE END (R) 10:40, 1:25, 4:10, 7:00, 9:45. Digital Presentation;Reserved Seating

amc ENTERTAINMENT

Burlington Cinema 10
888-AMC-4FUN
Across from Burlington Mall
AFTER EARTH (PG-13) 2:00, 4:30. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
EPIC (PG) 3:00, 8:00. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
EPIC IN 3D (PG) 12:35, 5:30. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
FAST & FURIOUS 6 (PG-13) 12:30, 3:25, 6:40, 9:30. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE GREAT GATSBY IN 3D (PG-13) 3:35. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
THE GREAT GATSBY (PG-13) 12:30. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE INTERNSHIP (PG-13) 2:10, 5:10, 8:10, 9:20. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
IRON MAN 3 (PG-13) 12:30, 3:30. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
IRON MAN 3 3D (PG-13) 6:30. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
NOW YOU SEE ME (PG-13) 1:30, 4:50, 7:40, 9:40. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE PURGE (R) 12:40, 3:15, 5:50, 8:30, 9:30. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
SPIRIT OF THE MARATHON II (NR) 7:00
STAR TREK INTO DARKNESS (PG-13) 3:30. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
STAR TREK INTO DARKNESS 3D (PG-13) 12:30, 6:30. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
THIS IS THE END (R) 1:10, 4:10, 7:00, 9:35. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation

LANDMARK KENDALL SQUARE CINEMA
617-621-1202
1 Kendall Square, Cambridge
BEFORE MIDNIGHT (R) 1:10, 2:00, 3:45, 4:30, 6:15, 7:00, 9:00, 9:30
DECEPTIVE PRACTICE: THE MYSTERIES AND MENTORS OF RICKY JAY (NR) 4:10, 9:20
FRANCES HA (R) 1:00, 3:05, 5:15, 7:30, 9:45
THE GREAT GATSBY IN 3D (PG-13) 4:45
THE GREAT GATSBY (PG-13) 1:45, 8:00
THE KINGS OF SUMMER (R) 1:20, 4:20, 7:10, 9:35
MUD (PG-13) 1:15, 4:05, 8:05
STORIES WE TELL (PG-13) 1:25, 6:45
WHAT MAISIE KNEW (R) 1:40, 4:15, 7:15, 9:40
WISH YOU WERE HERE (R) 1:30, 3:50, 7:00, 9:15

amc ENTERTAINMENT

Loews Liberty Tree Mall 20
888-AMC-4FUN
Exit 24 (Endicott St.) off Rt. 128
42 (PG-13) 12:30, 3:30, 6:30, 9:30. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
AFTER EARTH (PG-13) 10:30, 12:15, 1:00, 3:00, 3:45, 5:30, 6:15, 8:15, 9:00. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
AFTER EARTH: THE IMAX EXPERIENCE (NR) 11:15, 2:00, 4:45, 7:15, 10:00. Digital Presentation;IMAX
THE CROODS 3D (PG) 1:00, 6:15. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation;RealD 3D
FRANCES HA (R) 11:45, 2:15, 4:45, 7:00, 9:30.C INDEPENDENT;Digital Presentation
THE HANGOVER PART III (R) 10:45, 1:30, 4:15, 7:00, 10:00. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
IRON MAN 3 (PG-13) 1:30, 7:30. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
IRON MAN 3 3D (PG-13) 10:30, 4:30, 10:30. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
MUD (PG-13) 11:45, 3:00, 6:30, 9:30.C INDEPENDENT;Digital Presentation
THE PURGE (R) 11:15, 12:45, 1:45, 3:00, 4:00, 5:15, 6:15, 7:30, 8:30, 10:00. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
STAR TREK INTO DARKNESS (PG-13) 11:00, 12:00, 2:00, 3:15, 5:00, 6:30, 8:15, 9:45. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
STAR TREK INTO DARKNESS 3D (PG-13) 10:30, 1:30, 4:30, 7:30, 10:30. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
THIS IS THE END (R) 10:45, 11:45, 1:30, 2:30, 4:15, 5:15, 7:00, 8:00, 9:45, 10:45. Digital Presentation

JAMES FRANCO
JONAH HILL
SETH ROGEN
JAY BARUCHEL
DANNY McBRIDE
CRAIG ROBINSON
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PRODUCED BY JONATHAN KARP
WRITTEN BY HENRY JACKMAN
JAY BARUCHEL MATTHEW LEONETTI JR.
NATHAN KAHANE NICOLE BROWN JASON STONE BARBARA A. HALL ARIEL SHAFFIR KYLE HUNTER
SETH ROGEN & EVAN GOLDBERG
SETH ROGEN EVAN GOLDBERG JAMES WEAVER
WRITTEN & DIRECTED BY SETH ROGEN & EVAN GOLDBERG
Soundtrack on RCA Records
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#ThisIsTheEnd
R
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Framingham 16
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22 Flutie Pass
AFTER EARTH (PG-13) 1:00, 4:00, 7:00, 10:00. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
EPIC (PG) 1:10, 3:45, 6:30, 9:10. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
EPIC IN 3D (PG) 2:00, 4:45, 7:25. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
FAST & FURIOUS 6 (PG-13) 12:50, 4:00, 7:10, 10:15. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
NOW YOU SEE ME (PG-13) 1:20, 4:20, 7:30, 10:20. Digital Presentation
THE GREAT GATSBY IN 3D (PG-13) 12:45, 7:00. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
THE GREAT GATSBY (PG-13) 3:55, 10:05. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE HANGOVER PART III (R) 1:40, 4:20, 7:15, 9:45. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE INTERNSHIP (PG-13) 1:00, 4:00, 7:00, 10:00. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE PURGE (R) 2:20, 4:50, 7:20, 9:40. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
SPIRIT OF THE MARATHON II (NR) 7:00
STAR TREK INTO DARKNESS (PG-13) 2:45, 6:50. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
STAR TREK INTO DARKNESS 3D (PG-13) 12:45, 3:45, 9:50. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
THIS IS THE END (R) 1:30, 4:15, 7:00, 9:45. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation

amc ENTERTAINMENT

Loews Methuen 20
888-AMC-4FUN
Rte. 213 between I-93 & I-495
AFTER EARTH (PG-13) 10:25, 1:20, 4:15, 7:10, 10:00. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
EPIC (PG) 10:20, 3:30, 9:00. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
EPIC IN 3D (PG) 1:00, 6:15. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
FAST & FURIOUS 6 (PG-13) 11:10, 12:35, 2:15, 3:50, 5:20, 8:15. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE GREAT GATSBY IN 3D (PG-13) 10:55, 5:30. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
THE GREAT GATSBY (PG-13) 1:55, 8:20. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE HANGOVER PART III (R) 11:30, 4:20. Digital Presentation; 10:15-12:40-3:20-6:10-8:40. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE INTERNSHIP (PG-13) 10:05, 11:15, 12:50, 2:05, 3:35, 5:05, 6:30, 8:00, 9:30. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
IRON MAN 3 (PG-13) 5:15. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
IRON MAN 3 3D (PG-13) 2:10, 8:50. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
LOST & FOUND IN ARMENIA (NR) 10:00, 7:00.C INDEPENDENT;Digital Presentation
NOW YOU SEE ME (PG-13) 10:30, 1:30, 4:30, 7:15, 9:55. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
THE PURGE (R) 10:00, 11:00, 12:20, 1:25, 2:35, 3:45, 4:45, 6:05, 7:35, 8:30, 9:50. Digital Presentation
RAPTURE-PALOOZA (R) 2:00, 7:05, 9:40.C INDEPENDENT;Digital Presentation
STAR TREK INTO DARKNESS (PG-13) 10:45, 1:45, 4:45. CC/DVS-Closed Captions & Descriptive Video;Digital Presentation
STAR TREK INTO DARKNESS 3D (PG-13) 12:45, 3:40, 6:45, 9:45. CC/DVS-Closed Captions & Descriptive Video;RealD 3D
STAR TREK INTO DARKNESS: AN IMAX 3D EXPERIENCE (PG-13) 11:45, 2:45, 5:45, 8:45. IMAX;RealD 3D
THIS IS THE END (R) 10:30, 11:45, 1:30, 2:45, 4:30, 5:45, 7:25, 8:45, 10:00. Digital Presentation
YAMLA PAGLA DEEWANA 2 (NR) 10:35, 2:20, 6:00, 9:20.C INDEPENDENT;Digital Presentation
YEH JAWAANI HAI DEEWANI (NR) 11:35, 3:10, 6:35, 9:15.C INDEPENDENT;Digital Presentation

SOMERVILLE THEATRE

Somerville Theatre
617-625-5700
55 Davis Square
THE GREAT GATSBY (PG-13) 5:00, 8:15
STAR TREK INTO DARKNESS (PG-13) 4:30, 7:45
THIS IS THE END (R) 5:00, 7:30, 9:55

CAPITOL THEATRE

Capitol Theatre
781-648-4340
204 Massachusetts Avenue
AFTER EARTH (PG-13) 5:15, 7:40
EPIC (PG) 7:15
EPIC IN 3D (PG) 5:00
FAST & FURIOUS 6 (PG-13) 4:00, 7:15
THE INTERNSHIP (PG-13) 5:10, 7:45
IRON MAN 3 (PG-13) 7:30
IRON MAN 3 3D (PG-13) 4:30
THE PLACE BEYOND THE PINES (R) 7:00

SHOWCASE

Showcase Cinema de Lux Revere
800-315-4000
565 Squire Road
AFTER EARTH (PG-13) 11:45, 2:10, 4:35, 7:00, 9:30. CC/DVS
EPIC (PG) 11:50, 12:20, 2:15, 2:45, 5:10, 10:00. DIGITAL PROJECTION
EPIC IN 3D (PG) 11:20, 1:45, 4:10. REAL D 3D
FAST & FURIOUS 6 (PG-13) 12:40, 3:55, 7:45. DIGITAL DIRECTOR'S HALL;Reserved Seating; 12:10-1:10-3:25-4:25-6:45-7:15-8:15-9:45-10:15. DIGITAL PROJECTION
THE GREAT GATSBY (PG-13) 12:00, 3:20, 6:25, 9:50. DIGITAL PROJECTION
THE HANGOVER PART III (R) 12:15, 12:45, 3:05, 3:35, 6:35, 7:05, 7:35, 9:10, 9:40, 10:10. DIGITAL PROJECTION
THE INTERNSHIP (PG-13) 12:30, 1:00, 3:15, 3:45, 6:10, 6:40, 8:55, 9:25. DIGITAL PROJECTION
IRON MAN 3 (PG-13) 11:40, 2:35, 6:20, 9:20. DIGITAL PROJECTION
NOW YOU SEE ME (PG-13) 12:55, 3:40, 7:20, 10:05. DIGITAL PROJECTION; 12:25-3:10-6:50-9:35. DIGITAL DIRECTOR'S HALL;Reserved Seating
THE PURGE (R) 11:45, 2:00, 4:20, 7:00, 9:30. CC/DVS; 11:15-1:30-3:50-6:30-9:00. DIGITAL DIRECTOR'S HALL;Reserved Seating
SPIRIT OF THE MARATHON II (NR) 7:00
STAR TREK INTO DARKNESS (PG-13) 11:30, 3:00, 6:55, 10:30. DIGITAL PROJECTION
THIS IS THE END (R) 12:05, 2:40, 5:15, 7:50, 10:25; 11:35-2:10-4:45-7:20-9:55. DIRECTOR'S HALL;Reserved Seating

LANDMARK EMBASSY CINEMA
781-736-7852
16 Pine St., Waltham; No Texting Allowed
AFTER EARTH (PG-13) 3:55
BEFORE MIDNIGHT (R) 1:05, 3:50, 7:20
FAST & FURIOUS 6 (PG-13) 1:15, 4:05, 7:00
THE HANGOVER PART III (R) 1:25
THE INTERNSHIP (PG-13) 1:10, 4:00, 7:15
MUD (PG-13) 4:15, 7:05
STAR TREK INTO DARKNESS (PG-13) 7:10
STAR TREK INTO DARKNESS 3D (PG-13) 1:00
THIS IS THE END (R) 1:20, 4:10, 7:25

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MSRP: $20,185 • STK# M13-0490

AUTOMATIC

*Lease for 24 mo. 10K mi/yr. $3,000 cash or trade due at signing plus tax, title, reg., and doc fee. Sale ends: 6/30/13

2014 JEEP PATRIOT

BUY FOR $21,995

RETURNING LESSEE/ CONQUEST PRICE $20,995

LEASE FOR $136 PER MONTH* PLUS TAX

MSRP: $24,865 • STK# M14-0124

4x4 • LATITUDE

*Lease for 24 mo. 10K mi/yr. $3,000 cash or trade due at signing plus tax, title, reg., and doc fee. Lease includes $1,000 Conquest Rebate.Sale ends: 6/30/13

ADDITIONAL REBATES AVAILABLE LIKE... TRADE ASSIST • VOLKSWAGEN OWNERS

2013 CHRYSLER TOWN & COUNTRY

BUY FOR $27,245

RETURNING LESSEE/ CONQUEST PRICE $26,245

LEASE FOR $124 PER MONTH* PLUS TAX

MSRP: $33,270 • STK# M13-1115

TOURING

*Lease for 24 mo. 10K mi/yr. $3,000 cash or trade due at signing plus tax, title, reg., and doc fee. Lease includes $1,000 Conquest Rebate.Sale ends: 6/30/13

2014 RAM 1500 QUAD CAB

BUY FOR $29,750

RETURNING LESSEE/ CONQUEST PRICE $28,750

LEASE FOR $169 PER MONTH* PLUS TAX

MSRP: $36,295 • STK# M13-0943

4x4

*Lease for 39 mo. 10K mi/yr. $4,000 cash or trade due at signing plus tax, title, reg., and doc fee. Lease includes $1,000 Conquest Rebate.Sale ends: 6/30/13

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Information Session June 15th 10:45 a.m.

Visit a class, meet faculty, and enjoy lunch with current students.

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Northeastern University

Old-school building on trend again

The interior of this Orleans residence is marked by exposed beams.

TIMBERPEG/DICK PIROZZOLO

Home. Post and beam framing is coming back into fashion.

One of the most striking features of one $7.5 million estate for sale in Orleans (besides the Cape Cod house's price tag) is its exposed post and beam timber frame construction. This traditional (and, until now, rather outdated) house-framing method is regaining popularity as more homes, restaurants, bars and public spaces have reintroduced the construction — such as exposed brick and beam — into their interior design.

"The aesthetic of the exposed frame adds warmth to a room. It's appealing to people who don't want sterile, conventional-looking rooms," says Richard Neroni, president of W.H. Silverstein, Inc., which developed mill-working company Timberpeg — the company that fabricated the framing.

Timberpeg post and beam isn't a luxury. In fact, it costs about the same as modern so-called "stick" framing. "The cost depends on the overall finish the homeowner wants," says Neroni. "It's about $200 per square foot."

And because Timberpeg's method eradicates the thermal break of normal modern construction by wrapping the frame in sheet insulation, it's also more energy efficient than common framing. Not just relegated to initial home construction, it can be used for additions, too. Timberpeg cuts the posts and beams, insulation and wood siding to design specifications and ships them ready to install. The Orleans home was built in 2001 by Harris Custom Builders of Cape Cod, but Timberpeg has representatives in many areas.

Considering the trend for your next home project? Neroni cautions, "It's not the type of thing that you and a bunch of friends can do over a weekend. You need an experienced builder."

LINDA LABAN
linda.laban@metro.us

For more info

Get buying or building

Interested in the Orleans estate? Contact Pamela Thompson of Cape Classic Realty in Falmouth. **www.capeclassicrealty.com**
For more into on Timberpeg: **www.timberpeg.com**

Quoted

"The aesthetic of the exposed frame adds warmth to a room. It's appealing to people who don't want sterile, conventional-looking rooms."

Richard Neroni, president of W.H. Silverstein, Inc.

PLUS

Construction 101

About Timberpeg

Timberpeg is one of the oldest and largest timber frame companies in the United States. It manufactures frames for homes and buildings both across the country and overseas, using what's called mortise and tenon joinery fastened with wood pegs known as trunnels. It's behind the walls of many older Boston homes and is a technique used for centuries in Europe and Asia.

New Rental Opportunity Available August 2013 at the Massachusetts Bay Veterans Center

Located at: 2 North St in Somerville, MA 02144

These **newly renovated apartments** are owned and managed by the Massachusetts Bay Veterans Center and located in the heart of Somerville.

Available are **three spacious studio apartments and four one-bedroom apartments**. Final selection will be chosen by lottery from eligible respondents. Use and occupancy restrictions apply.

# of Units	Type	Project Based Section 8	Income Limit
1	Studio	Based	30% or less AMI
2	Studio	on	50% or less AMI
1	One Bedroom	Household	30% or less AMI
3	One Bedroom	Income	50% or less AMI

Household Size	30% AMI Household Income	50% AMI Household Income
1 Person	$19,850	$33,050
2 People	$22,650	$37,800

EQUAL HOUSING OPPORTUNITY

All rental rates are approximate based on MHP 2013 limits at 30% of 30% of AMI (area median Income) or 30% of 50% of AMI. Rental rates are based on single person occupancy. One bedroom apartments can have up to 2 people. Actual monthly rent paid by tenant will be based on 30% of tennant's income divided by 12 for those applicants that are income eligible.

Applications may be picked up in person at:
Somerville Public Library 47 Highland Ave Somerville, MA
Mon-Thurs 9AM-9PM, Fri 9AM-6PM, Sat 9AM-5PM

To have an application mailed to you, call:
Massachusetts Bay Veterans Center 617-390-0239
Mon-Fri 9AM-5PM

Applications are available online at:
www.voamass.org

Completed Applications can be mailed or dropped off in person to: Volunteers of America
441 Centre St Jamaica Plain, MA 02130

An informational meeting will be held on July 15th at 6PM at:
155 Powderhouse Blvd Somerville, MA 02144

Application deadline is Aug 12, 2013 at 4pm.
For More Information: (617) 390-0239

Summer moving guide

Tips. FlatRate Moving expert gives us advice on how to make our next move pain-free.

FlatRate Moving is a New York-based company that offers customers a guaranteed, all-inclusive, one-price move. / GETTY IMAGES, ZOONAR RF

The summer moving season is upon us again — 65 percent of moves occur during May 15 through Aug. 31. So whether you're a coed headed back home for break or newlyweds signing a lease on your first place together, you're going to go through the pains of packing. Andrea Boccard, vice president of marketing at FlatRate Moving, offers some tips on how to make the process stress-free.

Your step-by-step moving guide

De-clutter: Before boxing things up, Boccard says it's really important to de-clutter. "Even in teeny apartments, we tend to accumulate a lot of stuff," she says. "Spend a couple of days getting rid of the items that you don't need like takeout menus from the old neighborhood. Just clearing that space will give you a clear picture of what you're actually packing."

Create "a move book": The key is to stay organized. Keep the important details of your move together in a book or folder on your computer. "It should include everything from lists you make, to your insurance and building management information, to estimates you receive," says Boccard.

Know the rules: "You should be in close contact with the management for both [your new and old] buildings," says Boccard. She advises reserving freight elevators and making sure your movers have the proper insurance coverage your building requires. "Any hitch in the details can cause problems for the entire moving day."

Pack in advance: "Plan your move more than a month in advance if you can," says Boccard. Start by packing the items you don't need such as books and out of season clothes. "The biggest thing we see when we organize moves is we ask people, 'Do you want us to pack for you?' and they say 'No, no I'll pack myself,' but two weeks before [the move] they're nearly in tears because they're unable to do it," she says. "So being realistic about time and what time you allocate to moving activities is the best advice I can give."

Stay organized: Maintaining organization while your whole life is packed up in boxes may seem nearly impossible, but Boccard says it's a crucial part of the moving process. The company recommends creating an inventory of your belongings.

Keep important items by your side: Store key items such as your move book, prescriptions, jewelry, toiletries and chargers in a designated bag on move day.

COURTNEY M. FOWLER
letters@metro.us

Don't forget

Change of address notifications

The last thing you want is private and important documents going to an old address. The U.S. Postal Service advises completing a change of address form online, at **www.usps.com** before moving to your new place. And through www.1StopMove.com, you can easily inform multiple companies such as Internet and cable providers about your address change by filling out one form.

Plan ahead

What's the biggest moving mistake?

"Don't leave anything until move day. The planning and organizing process is crucially important. For instance, if you have kids, where are they going to go for the day? There are a lot of those things that you don't want to wait for the movers to show up before you figure out. Really, you don't want to have to make any decisions on move day. You want everything to have been orchestrated so that when you wake up that morning, everything just happens."

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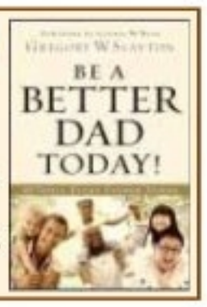
Forward resume to sclark@chpinternational.com
CHP is an EOE.

The Abundant Grace Church
will host a special Father's Day Celebration this coming Sunday at their 10:30 am service. Every Dad will receive a copy of the Fatherhood best-seller **"Be a Better Dad Today: Ten Tools Every Father Needs"** as well as a Fatherhood Gospel. Each dad will be specially honored – and we hope you and your family will join us at 640 Washington Street, Brighton, MA 02135.
www.abundantgraceboston.org; 617-789-4843



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Bidding Wars

By Attorney George Warshaw

It's been an insane real estate market lately.

It's not simply a matter of a buyer offering more than asking to get the deal these days. When numerous buyers at open houses submit offers on the spot and bid up the asking price by more than $100,000, you know the world has turned on its axis.

To counter the prospect of being outbid, some buyer brokers are turning to a new strategy termed "acceleration clauses."

"I offer you $500,000, but if you receive a higher offer I offer you $520,000," read one offer I saw this past week.

Though I understand the rationale, I don't understand the strategy. It simply doesn't make any sense to me.

If I was the seller I would respond to the "maybe more" offer and say, "offer me the $520,000 and don't play any games."

Is it no longer possible for a buyer to merely ask the seller to call if you get a higher offer?

The second strategy that's been employed for a while is to make an offer with no mortgage contingency – even though the buyer still intends on getting a mortgage.

While this may present the buyer as "strong" buyer, life doesn't always work out as one plans. If the buyer doesn't get the mortgage by closing, the buyer will likely lose the deposit.
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GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com

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The skinny on three fad diets

Health. We had nutritionists tell us about a few we've come across.

Blake says that "there's absolutely no science or research that your blood type has anything to do with your diet." / CREATAS RF

Tip

The only weight loss advice you'll ever need

"When you need to lose weight, it's a matter of cutting back on calories, expending more than you take in and going at a slow and steady pace," Blake says. "Set your goal for losing 10 percent of your body weight over six months."

The alkaline diet

What it is: Proponents of the alkaline diet say that we should eat to keep our bodies' pH level more alkaline than not in order to prevent illness and weight gain. People on it go without grains, fish, meat, poultry, dairy and salt, and load up on fruits, green veggies, soy and legumes.
Pro: "Our bodies function best when in an alkaline state," says Vicki Edgson, nutritional therapist and author of "Eating the Alkaline Way." She says eating alkaline helps counter constipation, skin problems, heart disease and a host of other ails.
Con: "I'm promoting the healthiest, most real foods — if you're eating that way, chances are the acidity of your body will fall into place," says Keri Glassman, MS, RD, CDN, author of "The New You and Improved Diet."

The 5:2 Bikini Diet

What it is: Get a hot bod by cutting calories two days a week (women eat 500 calories per day, men eat 600).
Pro: "By eating only 500 calories two days a week, you get bikini-ready in no time and lose up to 14 pounds in four weeks," says Jacqueline Whitehart, author of "The 5:2 Bikini Diet."
Con: "The first red flag whenever you hear about any fad diet is if it purports a quick fix," counters Joan Salge Blake, MS, RD, LDN, a clinical associate professor of nutrition at Boston University. "There's no way you can safely lose a tremendous amount of weight in a short amount of time."

The blood type diet

What it is: Your blood type is thought to have an impact on your digestive system — some fare better on plant-based diets, for example.
Pro: "If you go to the hospital and you get the wrong blood type, you have a major problem," says JB Berns, who created the Blood Type Workout. "On that level, [though] less intense, if you don't eat the correct foods, nor exercise the correct way, you're not gonna yield as good results."
Con: Says "The Small Change Diet" author Keri Gans, MS, RDN, CDN: "The foods suggested are healthy. However … any diet that promotes restricting food groups will be hard to sustain in the long run."

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DID YOU KNOW?
Keeping Pets Cool

FISH & BONE

No. 6 Imagine wearing a fur coat in the summer, and not being able to sweat: that's how it is for our animals. Humans have sweat glands all over our bodies to release heat; dogs & cats only have them on their paws. When they pant, the moist surface of the lungs acts like a sweat gland, releasing heat as the moisture evaporates into the outside air. A long snout helps to cool incoming air before it hits the lungs; so breeds with little or no snout (like bulldogs & Persian cats) overheat especially fast.

So how can we keep our furry pals cool? They lose water as they pant, so hydration is critical. Always provide plenty of fresh water. **Never leave them in a hot car, even for a few minutes.** Give ice cubes as treats. Feed a raw diet, or add water to dry foods. Go swimming. And use cooling vests, mats & collars. The vests & collars are like artificial sweat glands, pulling away body heat as they dry by evaporating the moisture in the gear.

tip
Cooling vests are the most effective way to keep pets cool & definitely worth the investment. Mats and collars are great too, but the vest draws more heat away more quickly. Our favorite is the Swamp Cooler ™ by Ruff Wear and we use it exclusively on our dogs. Added bonus: the light grey color reflects sunlight & 3M piping increases visibility at night.

Mention this ad for 20% off a float toy when you buy any cooling vest, now thru 6/30/13!
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Tufts Medical Center is conveniently located in downtown Boston. The hospital's OB/GYN practices; Women's Care and Women's Care South are located in Boston and Braintree. Our OB/GYNs and nurses are backed by a team of high-risk experts from Tufts Medical Center and a world-class Level-3 NICU.

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To learn more about becoming a patient at Tufts Medical Center's Women's Care call (617) 636-BABY or Women's Care South, call (781) 843-BABY. Visit www.tuftsmedicalcenter.org to meet our team of caregivers and read our mom stories.

Horoscope

♊ Gemini | May 22-June 20. If you're not careful, instead of magnifying your virtues and minimizing your faults, you're more likely to amplify some of the less attractive aspects of your personality.

♋ Cancer | June 21-July 22. Since certain endeavors that usually come easy to you could be fraught with unforeseen complications, you had better allow plenty of time to maneuver and recoup.

♌ Leo | July 23-Aug. 22. Don't allow serious matters to become boring or oppressive, but don't dismiss them with a chuckle, either. Find the middle ground.

♍ Virgo | Aug. 23-Sept. 22. If your optimism turns out to be unfounded, disappointment will naturally follow. Don't let others mislead you into believing a too-rosy portrayal of things.

♎ Libra | Sept. 23-Oct. 22. Don't depend too heavily on Lady Luck to fulfill your ambitions. Unless you show her that you're working hard to achieve your desires, she is likely to direct her best efforts elsewhere.

♏ Scorpio | Oct. 23-Nov. 21. There is a strong possibility that you will be more prone to focus on the details than on the big picture. Try to keep your perspective.

♐ Sagittarius | Nov. 22-Dec. 21. You will likely be inclined to tempt the fates in areas where you know the odds are stacked against you. This is foolish — listen to your common sense.

♑ Capricorn | Dec. 22-Jan 20. Usually, you're a pretty shrewd horse trader, yet today you could knowingly make an agreement that benefits the other party much more than it does you. Tread carefully.

♒ Aquarius | Jan. 21-Feb 18. If you should happen to make a mistake in your work, don't try to hide it. If you do, it could lead to unanticipated complications.

♓ Pisces | Feb. 19-March 20. Temporarily postpone purchasing a luxury item if it doesn't fit comfortably within your budget. That article will still be there when your wallet is fat enough to handle it.

♈ Aries | March 21-April 20. For the sake of warding off everyone who could interfere with your work, you might promise to do something that you know to be impossible. Lying would be a bad idea.

♉ Taurus | April 21-May 21. Most of your boasts and exaggerations will ring hollow, with no one believing you. You'd be better off telling it like it is.

BERNICE BEDE OSOL

Letters

Easy for Ben Franklin to say

Re: Intrusion is too much (Metro, June 10) Letter writer John Ost quotes Benjamin Franklin as saying, "Those who give up liberty for security deserve neither." I wonder if it would not be in order to add that Benjamin Franklin lived in a world where rampant tossing of bombs at civilian gatherings was unknown and that today's leadership is being vilified for the lapses that led to the slaughter of embassy staff.

JOHN DINGA, VIA EMAIL

With all the snooping, wire taps and intelligence gathering, we still don't know what happened in Benghazi?

ROBERT CAPRARO, VIA EMAIL

Vote for those who won't harm Earth

Before leaving town for the Memorial Day weekend, the House of Representatives voted to try to force the president to approve the KXL pipeline. Their vote to transport the dirtiest kind of oil through America's heartland so it could be sold to other countries makes no sense. We'd get all the risk, and foreign oil companies would profit. As a Christian, I have taught that God's kingdom does not end where politics begins. Follow the dictum of one of the greatest preachers of the 20th century, Rev. William Sloane Coffin, who said, "You can act (and I will add 'vote') in such a way that people identify you with something greater than yourself."

SISTER MARY PENDERGAST, VIA EMAIL

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

8		9	1				2	
	3		7					
6		5	4	8			7	1
				3		5		2
1		4		7				
5	4			6	7	9		3
					2		6	
	9				4	2		8

8				6				7
6				1			3	5
7		3		5	9			
1		2		4				
		8				7		
				7		5		8
			9	3		2		6
2	4			8				3
3				2				1

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

1 Campus cadet org.
5 Talk hoarsely
9 Stadium hoverer
14 Brownish tint
15 Sheik colleague
16 Mars explorer
17 Fermi split it
18 "Little Caesar" role
19 Not in a fog
20 Water lilies
22 California's Mount—
24 Tibet capital
26 "— — live and breathe!"
27 Published
30 Andirons
35 Marching band composer
36 Fairy-tale heavy
37 Pentathlon event
38 Hirt and Pacino
39 Comprehends
42 Geological period
43 Contented sighs
45 Sax man — Getz
46 High-rise unit
48 "Jurassic Park" novelist
50 Less long-winded
51 Yes, to Rob Roy
52 Shed light
54 Deer's rack
58 Chic
62 Batman's sidekick
63 Kind of tradition
65 Thickening agent
66 Fridge maker
67 Improve the road
68 Slangy turndown
69 Freighter hazards
70 Pay attention
71 Ess molding

Down

1 Very, informally
2 Numerical prefix
3 Easy gait
4 Summer cloud
5 Go over again
6 Not quite right
7 Incite Fido
8 Figurehead's place
9 Brown and simmer
10 Seaside event (2 wds.)
11 John, in Siberia
12 Pierre's parent
13 Fly, to a spider
21 Bundle of grain
23 Seraglio
25 Crochet projects
27 Asimov or Hayes
28 Cheap heat
29 Raw-fish delicacy
31 Press
32 Blooms
33 Hollow rock
34 Juan's honorific
36 — von Bismarck
40 Late summer flower
41 Tableau
44 Cleaning fish
47 Spaghetti-sauce herb
49 Carrion feeders
50 Pealed
53 Throw
54 Burnoose wearer
55 Iditarod terminus
56 Ski lift (hyph.)
57 Ex-frosh
59 Beside oneself
60 Where hackles rise
61 Part of a grove
64 Actress Charlotte —

Yesterday's answer

S	P	C	A	■	G	A	S	P	S	■	L	A	M	B
T	E	A	R	■	M	I	M	I	C	■	O	B	I	E
E	A	S	T	■	E	L	E	N	A	■	A	U	N	T
A	C	T	I	O	N	■	A	T	L	A	N	T	I	S
M	E	S	S	Y	■	F	R	A	P	P	E	■	■	■
■	■	■	A	L	S	O	■	■	T	R	A	I	T	■
P	I	O	N	■	A	U	G	■	A	S	S	U	R	E
O	M	S	■	G	R	O	W	L	■	■	D	A	M	■
D	A	L	L	A	S	■	V	I	E	■	W	I	S	P
S	N	O	O	P	■	■	■	N	E	M	O	■	■	■
■	■	■	O	S	I	R	I	S	■	C	L	A	M	P
J	U	N	K	E	T	E	D	■	E	I	F	F	E	L
I	C	E	S	■	E	L	L	A	S	■	C	I	N	E
B	L	E	U	■	M	I	E	N	S	■	U	R	S	A
E	A	R	P	■	S	C	R	E	E	■	B	E	A	D

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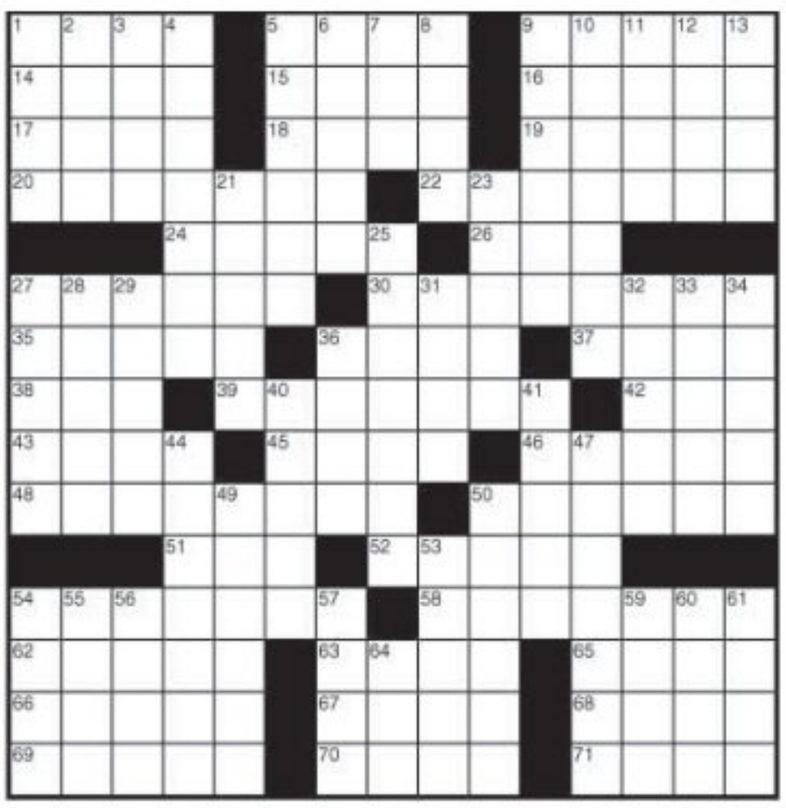

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2013 STANLEY CUP FINALS – BOSTON vs. CHICAGO

Bruins will have to defeat NHL's best to capture Cup

NHL playoffs. The highly anticipated Stanley Cup Finals between the B's and Blackhawks kicks off tonight in Chicago.

To win the 2013 Stanley Cup, the Boston Bruins will truly have to earn it by beating the undisputed best teams from the NHL's shortened regular season. After sweeping the top team in the Eastern Conference, the Pittsburgh Penguins, the B's are now set to face the Chicago Blackhawks — the No. 1 seed in the Western Conference and the NHL leader in points during the regular season (Game 1 tonight at 8, NBC). Like Pittsburgh, Chicago is not afraid to roll four lines, although keep in mind that strategy can go out the window under different circumstances in playoff games.

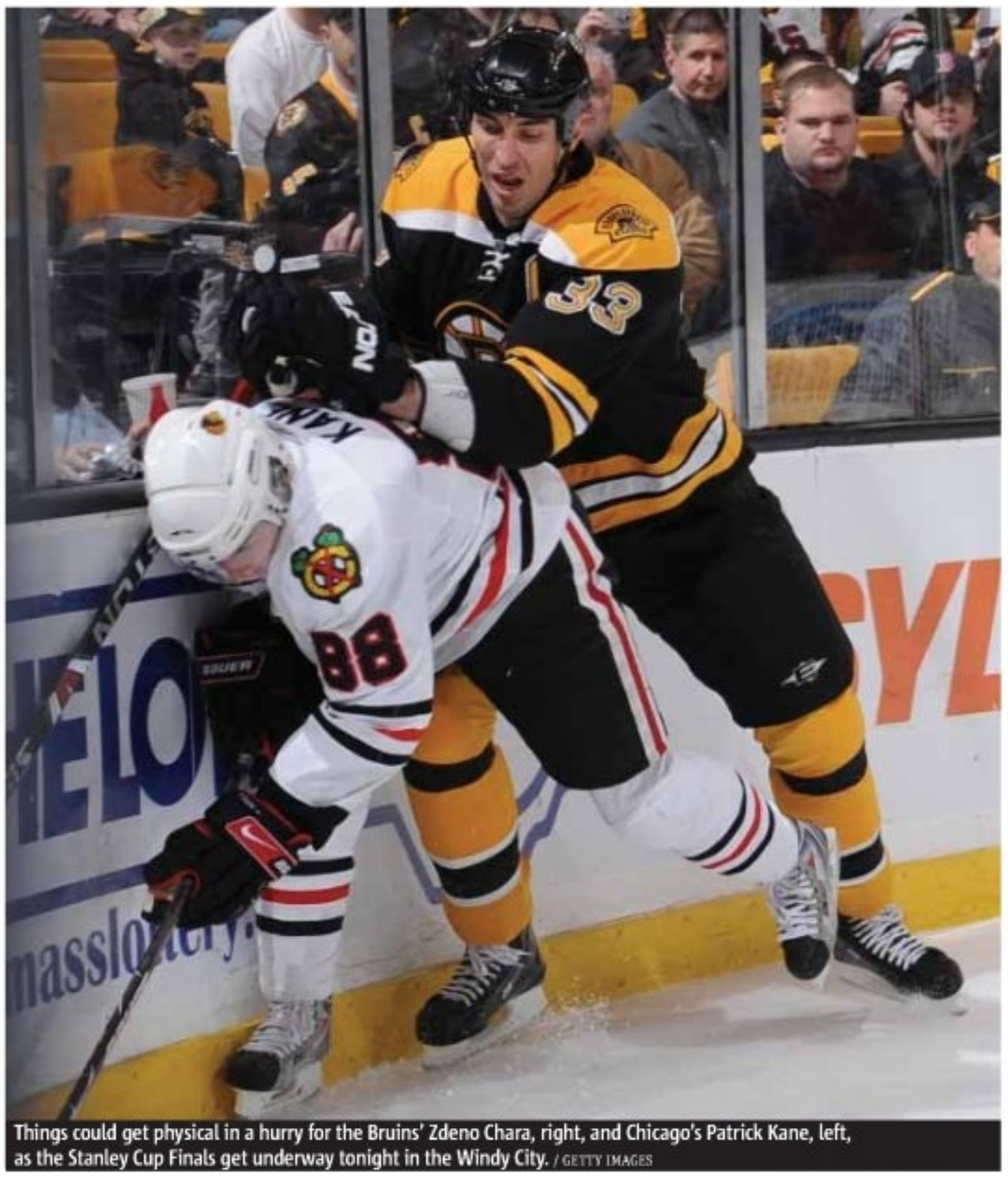
Patrick Kane (six goals, eight assists, plus-4 this postseason) and Jonathan Toews (one goal, eight assists, plus-4) are household names in the NHL, and with good reason. Chicago's two young superstars are some of the better forwards in the game. Kane is probably the most offensively talented American forward, and Toews, aka Captain Serious (as he's been called), is a carbon copy of Patrice Bergeron. The wealth of talent doesn't end there for the Blackhawks up front as Marian Hossa (seven goals, seven assists, plus-8) and Patrick Sharp (eight goals, six assists, plus-4) are also on the top two lines. The wild card is Bryan Bickell, a hulking forward who has put up eight goals and five assists (plus-6) after scoring only nine goals in the regular season. He's a free-agent-to-be, so that might be a big reason for his production this season, but whatever the case, he's playing the best hockey of his life.

Boston faces its biggest challenge of the postseason against Chicago in terms of its mobile defensemen. What the Blackhawks lack in size on the blueline, they make up for in speed and puck-carrying ability. Duncan Keith (two goals, nine assists, plus-11) is one of the best offensive defensemen in the NHL, and he teams with Brent Seabrook (two goals, one assist, minus-2) on Chicago's top defensive pairing. Keith is a whiz on the power play, although you wouldn't know it based on the Blackhawks' struggles in the postseason with the man advantage. Niklas Hjalmarsson (five assists, plus-10) and Johnny Oduya (two goals, three assists, plus-9) are the underrated second defensive pairing for Chicago.

Chicago doesn't seem to have any weaknesses besides the power play, but we thought the same thing about Pittsburgh a few weeks ago.

The Bruins can absolutely beat the Blackhawks, but they'll need to play at something close to their top level, like they demonstrated against the Penguins, to bring the Cup back to Boston.

RICH SLATE
sports@metro.us



Things could get physical in a hurry for the Bruins' Zdeno Chara, right, and Chicago's Patrick Kane, left, as the Stanley Cup Finals get underway tonight in the Windy City. / GETTY IMAGES

Instant offense

21

Bruins center David Krejci has 21 points in the 2013 postseason, tops in the NHL. Nathan Horton comes in second on the team with 17 points. Chicago right wing Patrick Kane is tied with Marian Hossa and Patrick Sharp for the Blackhawks' team lead in playoff points.

Off to the Windy City

Boston fans send off the B's

Approximately 1,000 rabid Bruins fans packed Level 2 of TD Garden yesterday morning to send off the Bruins as they got on a flight to Chicago for Game 1 tonight and Game 2 Saturday.

The Bruins capped the crowd at 1,000 because of bad weather. In the past, fans had been able to send off the team in the Garden parking lot. METRO

NHL

'Hawks shake it up

The Blackhawks may have thrown the Bruins an early curveball in the Stanley Cup Finals, as yesterday they implemented several lineup reconstructions at practice, according to the Chicago Tribune. Of note Brandon Bollig was skating with the fourth line, while Viktor Stalberg was apparently demoted.

Watch online

Highlights of last night's Red Sox-Rays game
Metro.us/sports

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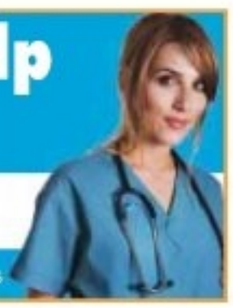

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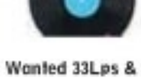

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